



3Türmelauf

Bad Langensalza / 30.04.2017

Detailed evaluation

ZIMMERMANN, Frank

Club: -

Number: 1890

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:00:28

Speed: 12.40 km/h

Running performance: 4:50 min/km

Rank in course/Total: 82 (of 246)

Rank in course/Men: 76 (of 190)

Best time in course: 41:16

Rank in category: 13(of 29)

Best time in the category: 45:09